

## Cellulite: I hate it!

American women last year spent millions of dollars on creams, laser treatments, massages and body wraps hoping to rid themselves of cellulite, so it's clearly a widespread problem. However, cellulite is harmless and therefore gets a bad rap, more so for being an ugly-duckling than for medical reasons.

Basically, fat cells increase in size and become trapped between collagen fibers that connect fat to the skin. The fibers stretch, break down or pull tight, allowing the fat cells to bulge out. This creates the rippled look of cellulite. Imagine the fibers are the stitching on a quilt and cellulite is the filling that puffs out between them.

Yup, even when I was 214 un-pregnant, unhealthy pounds, I did not have cellulite, Brown said. Then I got pregnant and at about five months, the cellulite developed on my upper thighs. I gave birth 4 1/2 years ago, lost 70 pounds on a strict low-fat diet and was stuck with the cellulite. I haven't tried any of the creams and lasers because they are expensive, and I haven't seen them actually work on anyone I know.

Genes play a big role in who gets cellulite, so if your mother and sister have it, chances are you do/will, too. However, there are many other things believed to make the condition worse such as poor eating habits, yo-yo dieting, nutrient deficiencies, sedentary lifestyle, poor circulation, drinking alcohol, and smoking.

The most beneficial therapy is getting rid of the stress in your life and focusing on diet and exercise, Closs said. It has to do with the fat cells in body, and with better stress management, you will have better circulation. If you have a better flow, you're more efficient with exercising. Your cells will stay tighter.

**Lymphatic system:** The lymphatic is the body's waste removal system. When it gets bogged down with garbage (toxins from cigarettes, alcohol, processed foods, excess fats, refined sugars and free radicals from oxidative stress), it creates the perfect environment for cellulite to form. Decreased circulation is also caused by lack of exercise, too much sitting, clogged arteries and nutrient deficiency.

**Creams and lotions:** Miracle creams and lotions are frequently marketed with claims of reducing the unsightly dimpling of cellulite. These topical cures contain a variety of active ingredients including: caffeine, green tea, plant extracts, retinol, aminophylline (an asthma drug), and the antioxidant DMAE. While creams may mask cellulite temporarily by hydrating and swelling the skin, no science exists support their long-term efficacy. Average cost: \$10-\$50 per jar.

**Endermologie:** Mechanical roller massage therapy to lift, stretch, spin and suck the skin improves circulation, flushes excess fluids and improves collagen production so skin is smoother. Treatments may produce temporary improvement in the appearance of cellulite, but long-term results have not been established, clinically or scientifically. About \$85-\$125 per session.

**Mesotherapy:** Imagine Botox for the legs. Small amounts of homeopathic medicine are injected beneath the surface of the skin to break down cellulite, improve circulation and aid lymphatic and venous drainage. Swelling, bruising and soreness are common. There are no scientific studies to back up claims that mesotherapy improves the appearance of cellulite. About \$350 per session, minimum three treatments.

The saying goes, Food shows catering to the lives of people formed a deep bond, the human diet is to obtain nutrition, lazy to the material basis for survival. Valley including diet, fruit, meat, vegetables, nutrition modern perspective : cereal for support, and support for five fruit and benefits for five birds, five vegetables for filling and rational nutrition, adequate nutrition can promote health and longevity, nutrition deficiencies or imbalances can occur diseases. One, restaurants must have nutrition what nutrition? Camp is seeking the meaning of nurturing is the meaning of health, nutrition is to seek so-called health. Food can be used to digest and absorb nutrients as nutrients. The body needs the nutrients are carbohydrates, lipids, protein, vitamins, mineral salts and water, commonly known as the six nutrients in recent years as seventh again cellulose nutrients, these nutrients in the body functions summed up in three aspects : First, to provide the body of energy, two of as the body repair tissue; 3 is Regulators maintain normal physiological function.n

**Protein,** protein is the basis of life, proteins from carbon, hydrogen, oxygen, nitrogen and other elements of composition. Nitrogen is the element which features elements of protein, amino acid protein constitute the basic unit of human protein composition of amino acids are more than 20 species, including eight amino acids must, lysine, histidine guitar, threonine, leucine, isoleucine, methionine, phenylalanine, tryptophan and children, including histidine and arginine, or 10 amino acids necessary. A protein beans, eggs, dairy, lean meat and fish all more. Soy protein-containing 20% to 40%, meat and protein-containing 10% to 20%. Eggs protein-containing 10% to 13% of food protein mixture can improve its nutritional value. Said the complementary roles of protein.n

Sugar, sugar is the main activity of human life source of energy, carbohydrates composed of the elements carbon, hydrogen, oxygen three. Sugar is the main source of cereal food with roots, and secondly from sugar, vegetables, fruits, a small number of monosaccharides, also containing cellulose and acid. 3. Lipids, lipid supply body heat and maintain normal body temperature, provide essential fatty acids, lipids and lipid including fat, lipid containing cholesterol and phospholipids, membrane composition, fat from the glycerol and fatty acid composition, lipid day supply of adult-thirds to 50 grams of concentrated plant from oil and animal oil, the ratio of 2:1. 4.n

Inorganic : a small amount of organic matter in composition, the majority of the minerals to form, minerals into three groups, one for the necessary elements, mainly seven : potassium, sodium, magnesium, iron, chloride, phosphate, sulfur. 6. Vitamins : Vitamin divided into fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B1, B2, B6, C, B12). To promote and regulate metabolism and normal physiological function. 7. Cellulose : The main role is to clear intestine, reducing bacteria and their toxins to stimulate the gut, can block the formation of cholesterol and absorb excessive cellulose hinder calcium, magnesium, iron and absorption of trace elements. Two, restaurants must be paid to science Asians often in the traditional food consumption of small amounts of wine and rice and vegetables as diet. Europeans is a high-fat, high-protein, high-calorie, low-fiber diet : 1. Balanced diet : food is as appropriate for the heat, the full range of nutrients and sufficient quantity of reasonable proportion, to meet the normal needs of the human diet.n

Malnutrition points malnutrition and nutrition excess of two types : 2. Trace element imbalances : Trace element refers to the body weight of one ten thousandth of the following elements of the human body to maintain normal physiological activities and essential to life a dozen; That is essential micronutrients. Areas such as loss, the body can not self-synthesis and physical deficiencies require giving added that the elderly daily intake of at least 12 milligrams of iron, 15 milligrams of zinc, 50 milligrams of selenium, 150 micrograms of iodine. 3. Obesity : When calories than eating human consumption, and in the form of fat stored in the body weight of more than 20% of the standard, known collectively obesity.

## About the Author

From [www.tucsoncitizen.com](http://www.tucsoncitizen.com):

Green tea weight loss. Our weight loss program uses a meal replacement strategy, but is unlike all. No more ravenous hunger, no more loss of control.

Green Tea Extract Increases Metabolism, May Aid in Weight Loss, from Mary Shomon, Thyroid Guide, patient advocate and author of a number of books and guides.

Green tea and its connection with weight loss has long been the center of various.

The polyphenols in green tea weight loss patches also have other uses. A study published in the American Journal of Clinical Nutrition shows that green tea.

So there are 4 ways that green tea can help you with weight loss. But, how much do you actually have to drink to get these amazing metabolism.

This article explains benefits of supplementing your diet and weight loss program with a Green Tea supplement. Lose Weight With a Green Tea Weight.

List of the best green tea weight loss supplements, green tea weight loss supplements , and green tea weight loss supplements.

What makes Chinese green tea great for weight loss is its composition. Chinese green tea is made from unfermented leaves, which are believed.

Source: <http://www.productsherbal.com>